

Mental & Emotional Debt and Abundance Calculations
 With Ruth Anne Wood - Part of Debt Into Abundance ecourse

Do you have any of these blocks to abundance?

- | | |
|--|--------|
| 1. You owe others too much money | Yes/No |
| 2. You undervalue your true worth | Yes/No |
| 3. You reluctantly give away valuable things and work for free | Yes/No |
| 4. You haven't accepted that your Higher power out gives you 10X's what you joyfully give or tithe. | Yes/No |

STEP ONE - "Documented Financial Debts"

PHYSICAL DEBTS

5. Estimate your current debt to the nearest thousand- stuff you share with your accountant → Ex: Credit Card (\$6,000), Mortgage (\$179,000), College Loans (\$27,000), Medical Bills (\$17,000), Friends/ Family Loans (\$5,000)

- | | |
|---|-----------------|
| • Physical Debt _____ | \$ _____ |
| • Physical Debt _____ | \$ _____ |
| • Physical Debt _____ | \$ _____ |
| • Physical Debt _____ | \$ _____ |
| • Physical Debt _____ | \$ _____ |
| • Physical Debt _____ | \$ _____ |
| "Documented Financial Debts" TOTAL | \$ _____ |

STEP TWO - "Energy Drains"

Think of this as an energy audit identifying cracks and leaks in your financial structure. The second step involves debts that may not be as well documented, but they are equally important to acknowledge. This may take some time to process. It is one of the steps that may require support. Take stock of other debts or financial stresses lurking that aren't on the books and consider income potential if you had collected a fair market value for all these savings, stresses, goods and services...

MENTAL/ EMOTIONAL DEBT / INCOME POTENTIAL = M/E Debt/Potential

6. Estimate your mental/ emotional debt to the nearest thousand → Ex: Outstanding client debt (\$4500), raised rates after car accident, (\$200/year), Business partner who didn't appreciate your time/money (\$95,000), A big client/Investor who stopped hiring you (\$50,000), Homecare you personally gave to ailing loved ones (\$9,000), Free office rent or lodging to an adult friend/ (\$5,000) Free goods/ services you gave to clients/ prospects over the years (\$15,000), Unpaid overtime at jobs over the years because of crunch time or layoff threats (\$10,000)

- | | |
|-------------------------------|-----------------|
| • Mental/Emotional Debt _____ | \$ _____ |
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| • Mental/Emotional Debt _____ | \$ _____ |
| • Mental/Emotional Debt _____ | \$ _____ |
| "Energy Drains" TOTAL | \$ _____ |

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